Experiences:

先抑后扬:

Describe a risk you took that you thought would lead to a terrible result but ended up with a positive result.

Describe a sport that you only have watched before but have not played yourself

Describe a new law you would like to introduce in your country

Describe a time when you missed or were late for an important meeting/even

先扬后抑再扬:

Describe a special meal that someone made for you
Describe an enjoyable journey by public transport
Describe a piece of good news that you heard about someone you know well.
Describe a historical building you have been to
Describe a place you visited where the air was polluted

先复杂后扬:

Describe your first day at school that you remember

最初，既对学校生活 eager，又对陌生的环境和人 jittery 和 frightened。和学校老师同学接触之后，comforted。

Describe an occasion you wore the best clothes
Describe a piece of technology you own that you feel is difficult to use

Person:

先扬后抑再扬:

Describe someone you know who made a good decision recently
Describe a person who encouraged you to achieve your goal
Describe a person who thinks music is important and enjoys music
Describe a time you taught something new to a younger person
Describe a time when you taught a friend/relative something

□□/□□□I feel like I’m walking on air when I heard about this new, all the dark clouds in my mind have cleared away.

□□/□□□A heavy weight of disappointment appeared in the heart, tears welled up in my eyes. Anger and despair made me feel like the world was against me.

□□□I felt so touched when I know the truth. A wave of warmth washed over me.

Interesting place: □□□□□
I visited Shanghai Disneyland when I was 6 years old. There are various interesting rides and cute cartoon characters inside the park. Unlike other amusement parks, Disneyland also has a grand castle which represents the fantasy. The grand castle seemed to lose me in the real fairy tale. The most important thing is that this trip planted the seeds of magic in my heart.

Historical building: □□□□□
The Forbidden City is the largest surviving palace-type building in the world. When I first entered the Forbidden City, I was amazed at the integrity of the cultural relics. As I got closer, I also marveled at the delicacy of the ancient carvings. Standing in the Forbidden City brings a sense of awe, a feeling that you are travelling back in time, conversing with the people and soldiers of ancient.